What is claimed is:

- A smooth and chewy low calorie confectionery bar
 comprising:
 - proteinaceous material having low water absorption properties and medium to high emulsification properties;
 - carbohydrate material selected from the group consisting of: digestible carbohydrate, indigestible carbohydrate, and a mixture thereof,

wherein said proteinaceous material and said carbohydrate material are present in a relative weight ratio of from 1:0 to 1:0.999.

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- 2. The confectionery bar of claim 1, wherein said proteinaceous material is selected from the group consisting of: binding proteins having low water absorption porperties and medium to high emulsification properties, filler proteins having low water absorption and low viscosity, and mixtures thereof.
- 3. The confectionery bar of claim 2, wherein said binding protein and filler protein are present in a relative ratio of from 100:0 to 0:100 when said filler protein is selected from the group consisting of: caseinates, and soy proteins.
- 4. The confectionery bar of claim 2, wherein said binding protein and filler protein are present in a relative ratio of from 75:25 to 25:75.
 - 5. The confectionery bar of claim 2, wherein said binding protein and filler protein are present in a relative ratio of from 65:35 to 40:60.

- 6. The confectionery bar of claim 2, wherein said binding protein is selected from the group consisting of: soy protein isolate, functional whey protein, functional whole milk protein, pea protein, partially denatured egg albumen, and partially devitalized wheat gluten.
- 7. The confectionery bar of claim 2, wherein said filler protein is selected from the group consisting of: calcium caseinate, soy protein isolate, denatured whey protein, pea protein, devitalized wheat gluten, and denatured egg albumen.
- 8. The confectionery bar of claim 6, wherein said soy protein isolate is selected from the group consisting of: proteins sold under the trademarks PP-710, PP-670, PP-860, ARDEX-R, ARDEX D-HD, PROFAM G902, PROFAM S636, PROFAM S950, PROFAM S955, and PROFAM S901.
- 9. The confectionery bar of claim 6, wherein said whole milk protein is the protein sold under the trademark REFIT (DMV).
- 10. The confectionery bar of claim 6, wherein said pea protein is the protein sold under the trademark WOODSTONE GOLD.
- 11. The confectionery bar of claim 7, wherein said calcium 25 caseinate is selected from the group consisting of: proteins sold under the trademarks FARBEST 270, FARBEST 290, FARBEST 200, and ALANATE 312.
- 12. The confectionery bar of claim 7, wherein said soy protein isolate is selected from the group consisting of: proteins sold under the trademarks PP-860, and ARDEX-R.
 - 13. The confectionery bar of claim 7, wherein said pea protein is sold under the trademark: WOODSTONE GOLD.

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- 14. The confectionery bar of claim 2, wherein said binding protein is PP-710 and said filler protein is FARBEST 290, said binding and filler proteins being present in a relative ratio of 54:46.
- 15. The confectionery bar of claim 2, wherein said proteinaceous material is made from the mixture of WOODSTONE GOLD with FARBEST 270 in a 50:50 weight ratio.
- 10 16. The confectionery bar of claim 2, wherein said proteinaceous material is made from the mixture of MIRA-PRO 121 with FARBEST 290 in a 50:50 weight ratio.

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- 17. The confectionery bar of claim 2, wherein said proteinaceous material is made from the mixture of ARDEX-R with PP-860 in a 50:50 weight ratio.
- 18. The confectionery bar of claim 2, wherein said proteinaceous material is made from the mixture of ARDEX D-HD with WOODSTONE GOLD in a 50:50 weight ratio.
 - 19. The confectionery bar of claim 2, wherein said proteinaceous material is made from the mixture of WOODSTONE GOLD with denatured egg albumen in a 75:25 weight ratio.
 - 20. The confectionery bar of claim 2, wherein said proteinaceous material is made from the mixture of MIRA-PRO 121 with REFIT in a 75:25 weight ratio.
- 30 21. The confectionery bar of claim 2, wherein said proteinaceous material is made from the mixture of ARDEX-R with ALANATE 312 in a 75:25 weight ratio.
- 22. The confectionery bar of claim 2, wherein said proteinaceous material is made from the mixture of ARDEX D-HD with PP-860 in a 75:25 weight ratio.

23. The confectionery bar of claim 2, wherein said proteinaceous material is made from the mixture of PP-610 with calcium caseinate denatured by heat treatment in a 25:75 weight ratio.

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- 24. The confectionery bar of claim 2, wherein said proteinaceous material is made from the mixture of PROFAM S920 with PP-860 in a 25:75 weight ratio.
- 25. The confectionery bar of claim 2, wherein said proteinaceous material is made from the mixture of ARDEX-R with WOODSTONE GOLD in a 75:25 weight ratio.
- 15 26. The confectionery bar of claim 2, wherein said proteinaceous material is solely ARDEX-R soy protein isolate.
 - 27. The confectionery bar of claim 2, wherein said proteinaceous material is solely WOODSTONE GOLD pea protein.